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# Butternut Squash

# Carrots

# Honey-glazed Roast Carrots



## Ingredients

- 1kg [Chantenay or other small carrots](#)
- 3 tbsp [sunflower oil](#)
- 2 tbsp white wine vinegar
- 2 tbsp [clear honey](#)

## Method

1. Heat the oven to 190C/170C fan/gas 5. Tip the carrots into a [roasting tin](#) and toss with the sunflower oil and some salt and pepper. Roast for 30 mins.
2. Drizzle the vinegar and honey over the carrots, toss well and return to the oven for a further 20 mins.

# Mushrooms

Mushrooms

# Paddenstoelen in rode wijn met kaasscones



## Ingredients

- 300 gr mini-portobello's
- 250gr kastanjeschampignons, gehalveerd
- 3 teentjes knoflook, geperst
- 2 theelepels zeezout
- 1 ui, grof gehakt
- 2-3 takjes rozemarijn
- 1 eetlepel olijfolie

- 200ml goede rode wijn
- 2 theelepels maizena
- 150ml groentebouillon

## Sub-recipe Ingredients: Scones

- 250 gr tarwebloem
- 1 1/2 theelepel wijnsteenpoeder
- 1 theelepel zeezout
- 35 gr koude boter, in blokjes
- 25 gr verse basilicum, fijngesneden
- 60 gr overjarige cheddar of Goudse kaas, geraspte
- versgemalen zwarte peper
- 100 ml melk
- 1 ei, licht losgeklopt

## Method

1. Verwarm de oven voor tot 200°C. Schep de paddenstoelen, knoflook, zeezout, ui en rozemarijn in een braadslede om met olijfolie en zet het geheel 20min in de oven.
2. Mix de bloem, het wijnsteenpoeder, zout en de boter door elkaar tot een 'zanderig' mengsel. Roer de kruiden, driekwart van de kaas en de peper erdoor. Schenk de melk erbij en maak er met je handen lichtjes een sconedeeg van. Dek af en zet tot gebruik in de koelkast.
3. Roer een eetlepel rode wijn door de maizena. Roer dit papje met de rest van de wijn en de bouillon door de paddenstoelen (na de 20min in de oven).
4. Rol balletjes ter grootte van een walnoot van het sconedeeg en leg ze op de paddenstoelen. Druk ze iets plat. Bestrijk ze met het losgeklopt ei, strooi de rest van de kaas erover en zet alles nog 20min in de oven - de scones zijn dan goudbruin en krokant en de saus is ingedikt. Laat 5min rusten en dien heet op.

## Notes

- Meer kaas in de scones

Peas

Peas

# Italian Peas



## Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced

- 450 grams frozen green peas
- 1 tablespoon chicken stock
- salt and ground black pepper to taste

## Method

1. Heat olive oil in a skillet over medium heat. Stir in onion; cook until softened, about 5 minutes. Stir in garlic and cook for 1 minute. Add frozen peas, and stir in stock. Season with salt and pepper. Cover, and cook until the peas are tender, about 5 minutes.

## Notes

- <https://www.allrecipes.com/recipe/90209/italian-peas/>

# Potatoes

Potatoes

# Jamie's Perfect Roast Potatoes



Ingredients

- 1.5kg Maris Piper potatoes
- 1 bulb of garlic
- red wine vinegar

## Flavour Combo 1

- 3 tablespoons olive oil
- 1 bunch fresh rosemary

## Flavour Combo 2

- 50g unsalted butter
- 1 bunch of fresh sage
- 1 clementine

## Flavour Combo 3

- 2 tablespoons goose fat
- 1 bunch of fresh thyme
- 2 fresh bay leaves

## Method

1. Preheat the oven to 190°C/375°F/gas 5.
2. Peel the potatoes, cutting any larger ones so they're all an even-size – twice the size of a squash ball is about right.
3. Wash the potatoes in cold water to get rid of any extra starch then tip into a large pot, cover with cold salted water and parboil for 7 minutes, then drain in a colander and leave to steam dry for 3 minutes.
4. Give the colander a bit of a shake to help chuff up the potatoes – this will help to make them super-crisp later on.
5. At this point, you need to decide which flavour combo to go with. Tip the potatoes into a large tray in one layer, and add the fat – olive oil, butter or goose fat – then season really well with sea salt and black pepper.
6. Toss the potatoes in the fat (you could get the potatoes up to this stage the day before, simply cover them with clingfilm or tin foil and pop in the fridge or in a cool place until needed), then roast for 30 minutes, or until lightly golden and three quarters cooked.
7. Now's the time for my trick. Gently squash each potato with a potato masher to increase the surface area – the more of your potato that's in contact with the pan, the crispier it will be.
8. Add 1 good lug of oil to a small bowl and pick and/or tear in the herbs. If opting for flavour combo 2, peel in a good few strips of clementine zest with a speed-peeler – you won't eat these but they'll add amazing flavour. Break up the garlic bulb, adding the unpeeled cloves to the bowl, along with a splash of red wine vinegar, then scrunch and mix it up a bit.

9. Add your chosen flavour combo to the potatoes and give the pan a good shake, then pop back in the hot oven for 40 to 45 minutes, or until gnarly, crispy, bubbly and delicious.
10. Transfer to a plate lined with kitchen paper to drain off some of the excess fat, then tuck in!

Potatoes

# Potato Wedges



Ingredients

- sea salt
- freshly ground black pepper
- 600 g baking potatoes
- olive oil
- optional: garlic, rosemary, ...

## Method

1. To prepare and cook your potato wedges:  
Preheat your oven to 200°C/400°F/gas 6. Put a large pan of salted water on to boil.
2. Scrub the potatoes clean and get rid of any gnarly bits. Cut the potatoes into chunky wedges. Add to the pan of boiling water and parboil for 8 minutes. Drain in a colander and leave to steam dry for a couple of minutes.
3. Transfer to a roasting tray and add a good lug of olive oil and a pinch of salt and pepper. Toss together so all the wedges are coated in the oil then spread out in one layer. Cook in the hot oven for 30 minutes until golden, crisp and cooked through. Delicious served with steak or chicken.

## Notes

- Source: [Crispy potato wedges recipe | Jamie Oliver potato recipes](#)

# Sous-Vide Mashed Potatoes



## Ingredients

- 1kg Russet (kruimig/bloemig) potatoes
- 5 cloves of garlic
- 225gr unsalted butter
- 235ml milk
- 3 sprigs of rosemary, plus more for serving
- Seasalt and white pepper

## Method

1. Set the Anova Sous Vide Precision Cooker to **90°C**.
2. Rinse and peel the potatoes. Slice into **3mm-thick** rounds.
3. Smash and peel the garlic cloves.
4. Combine the potatoes, garlic, butter, milk, rosemary, and 2 teaspoons salt in a large zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a

vacuum sealer on the moist setting. Place in the water bath and set the **timer for 1 1/2 hours**.

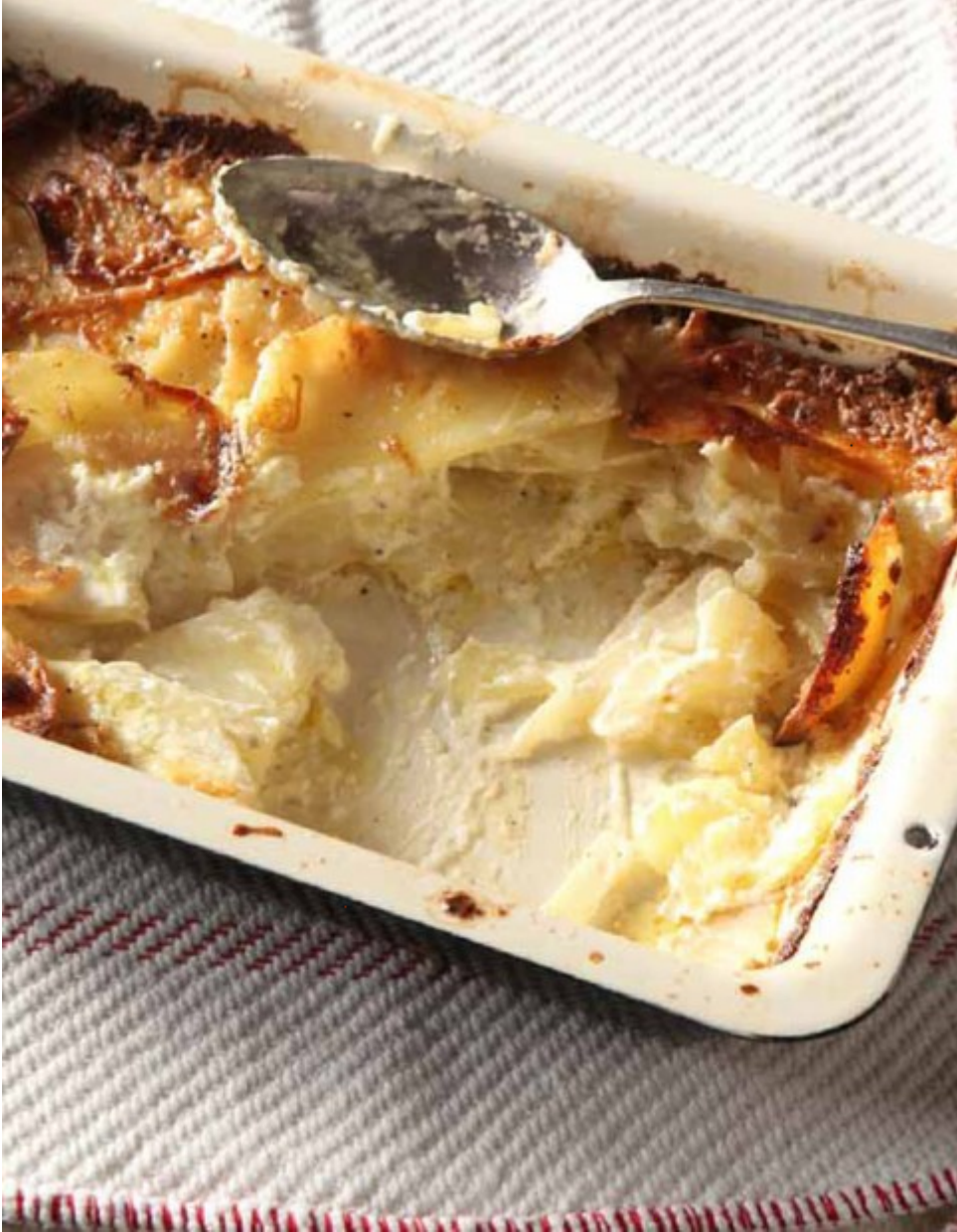
5. When the timer goes off, remove the bag from the water bath. Pour the entire contents of the bag through a strainer set in a medium bowl. Discard the rosemary.
6. Transfer the potatoes to a large bowl and mash using a potato masher, rice, or food mill. To get a super smooth texture, pass the mashed potatoes through a tamis, chinois, or sieve. (Do NOT use a food processor, electric mixer, or blender – due to the starch in the potatoes, if you over mix the potatoes you'll end up with a gluey texture.)
7. Gently stir the strained melted butter and milk into the mashed potatoes. Season to taste with salt and white pepper. Garnish with additional fresh rosemary. Serve.

## Notes

- [Source](#)

Potatoes

# Potato Dauphinoise



## Ingredients

- 30g butter
- 1kg floury potatoes
- 400ml double cream
- 2 large garlic cloves, crushed
- ¼ teaspoon freshly grated nutmeg
- Sea salt and freshly ground black pepper

## Method

1. Preheat the oven to 160°C/Gas Mark 3. Rub a gratin dish liberally with the butter.
2. Peel the potatoes and slice them thinly, either with a sharp knife or a mandoline.
3. In a large bowl, whisk together the cream, garlic and nutmeg and season well with salt and pepper.
4. Toss the potatoes in the creamy mixture, then layer them in the gratin dish, spreading them as flat and evenly as you can. Pour over any remaining cream.
5. Bake for 1 - 1.5 hours, pressing down with a spatula every 15 minutes or so to compress the potatoes and stop them drying out. The gratin is ready when the top is golden and bubbling and the potatoes are tender. You may want to turn the oven up to 190-200°C (Gas Mark 5 or 6) for the last 5 minutes to achieve a bit of extra bubbling crispness.
6. Leave to stand for 5 minutes or so before serving.

## Notes

Rice

Rice

# Arroz con Zanahoria (Rice with Carrots)



## Ingredients

- ~185gr rice
- ~500ml vegetable stock
- 1 tbsp vegetable oil
- ~50gr grated carrot

## Method

1. Place the rice in a medium saucepan; then add the vegetable stock, oil, carrots and salt.

2. Bring to a boil over high heat. Stir once and cover, reduce to low heat and cook for 20 minutes.
3. Remove the pot from the stove and let it sit for 10 minutes. Fluff the rice using a fork and serve immediately.

# Spanish Rice



## Ingredients

- 2 tablespoons extra virgin olive oil (can use up to 1/4 cup)
- 1 onion, finely chopped (about 1 cup)
- 1 garlic clove, minced (about 1 teaspoon)
- 185gr rice
- 500ml chicken stock
- (optional) 1 heaping tablespoon tomato paste or 1 cup of diced fresh or cooked tomatoes, strained
- (optional) Pinch of dried oregano
- (optional) 1 teaspoon salt

## Method

1. **Brown the rice:** Heat olive oil in large skillet on medium/high heat. Add the rice and stir it so that the rice is lightly coated with the oil. Cook on medium high heat, stirring often, until much of the rice has browned.
2. **Add onion, garlic:** Add the onion and cook, stirring frequently another 3 minutes, until the onions begin to soften. Add the garlic and cook until the onions are translucent and

softened, about a minute more.

3. **Combine broth, tomato, oregano, salt, and browned rice and onions:** To save time you can bring the stock to a simmer in a separate saucepan, with the tomato, oregano, and salt.
4. **Combine the rice and broth mixture:** Add the browned rice to the simmering broth (or broth to the rice, depending on which pan has a cover). Or you can skip the simmering step and just add the broth and tomatoes to the rice.
5. **Simmer, cover, cook until the rice has absorbed the stock:** Bring everything to a simmer, cover the pot and lower the heat to barely maintain a low simmer.
6. Cook for 15-25 minutes, depending on the type of rice and the instructions on the rice package.
7. Remove from heat and let sit for 5 minutes.
8. Fluff with a fork or spoon to serve.

# Salads

Salads

# Lemon-Dressed Spinach Salad



## Ingredients

- 100gr baby leaf spinach

- 1 tbsp extra virgin olive oil
- 1/2 lemon, juice only
- Pinch of sea salt

## Method

1. Toss the spinach with oil, lemon juice and sea salt.
2. Set aside.

## Notes

- Optionally add chopped walnuts and Parmesan